



## Peter Kirk Community Center

# PKCC

## experience it!

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

**352 Kirkland Ave, Kirkland 98033 425.587.3360**

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, Zumba Gold, Aerobics, Yoga, Ballet, a wide range of art and life-long learning classes, fun special events, intergenerational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. The support and tremendous amount of volunteer hours make it possible for the Community Center to offer a wide variety of activities and services.

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs may be eligible for other community-based programs, such as adult day care (see page 66) or contact EvergreenHealth Community Healthcare Access Team at 425.899.3200 for other options.

### Endorsements

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

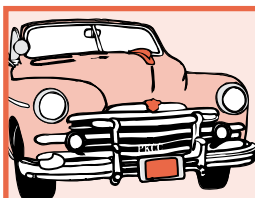
### Center Hours

Monday–Friday . . . . . 8am–5pm

Center Closed  
at Noon . . . . . 12/24 & 12/31

Center Closed . . . . . 9/5, 11/11, 11/24,  
11/25, 12/26, 1/2, 1/16, & 2/20

No Scheduled Classes  
or Programming . . . . . 8/22–9/4  
(Business offices will remain open for customer service)



## PARKING PERMITS

If you are at the Peter Kirk Community Center between **8:00am and 3:00pm**, please see a staff member to obtain a parking permit.

# GET MOVING

## WITH THE KIRKLAND STEPPERS!



The Kirkland Steppers are finishing up a 13th year of fun walking opportunities on Tuesdays (June 7-Sept 27) with a plethora of zany, dedicated walker's age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.

Becoming a Super Stepper "Club Card" member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
Sept 27	"Finish Line" Extravaganza Lunch sponsored by Fairwinds Redmond	-0-	\$7	48069

### Membership: The Super Stepper "Club Card" has exclusive benefits:

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- Special Event Walks (registration required)
- Transportation to Special Event walks (registration required – seats are limited)
- Admittance to the "Finish Line" Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

For \$10 you can be a Super Stepper "Club Card" member. Club Membership has its Rewards!

**Membership Registration #48064**

**\* WA State sales tax included \***

### Non-Members:

- Are encouraged and always WELCOME to join the walkers every week.
- There is a \$7 fee per event for all special walks and parties.
- Registration required for all Special Events and opens 2 weeks prior to event.

**Thank You Fairwinds Redmond & EvergreenHealth for Sponsoring Steppers!**



**Help prevent the spread of influenza in our community!**

## FLU SHOTS

Schedule your flu shot today.

Medicare and most area Medicare Advantage Plans will be billed, for all others the cost is \$28 payable by cash or check.

**Appointments required 425.587.3360**

**Monday, October 10 • 11am**

## WELCOME WAGON

Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like.

**RSVP at 425.587.3360**

**Mon, Oct 17 • 11am • FREE • Register 49296**

**Mon, Jan 23 • 11am • FREE • Register 49298**

# Special Events at the Peter Kirk Community Center

## Taste of Retirement

Several area housing options will be here with tantalizing treats for your taste buds. Come in and get a taste of what each option has to offer. Sample their chef's creations and have an opportunity to talk to representatives from local area retirement communities.

**Special thanks to Choice Advisory for co-sponsoring this fun event!**

**Friday, Oct 28 • 11am-1pm • FREE**

## TRICK OR TREATER FEATURE

Enjoy a spooktacular afternoon filled with supernatural fun watching **Super 8** and dining on Halloween treats.

**Please RSVP by 10/28.**

**Mon, Oct 31 • 1:30pm • \$3 • Register 49536**

## Turkey Treats

Celebrate Thanksgiving the old fashioned way. Enjoy lively musical entertainment followed by a delicious traditional turkey meal with all the trimmings.

**Advanced registration required by 11/10!**

**Special thanks to Brittany Park for sponsoring this event.**

**Thur, Nov 17 • 11am • \$9 • Register 49299**

*\*Includes Sales Tax*

## 16TH ANNUAL HOLLY-DAY BRUNCH

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited!

**Advanced registration required by 11/23!**

**Sat, Dec 3 • 10am • FREE • Register 49300**

## HOLIDAY D'LIGHTS

Add some merriment to your holiday season with our annual celebration featuring a festive musical performance and a delicious lunch. This is one party you won't want to miss; it's guaranteed to get you in to the spirit of the season!

**Advanced registration required by 12/8!**

**Thur, Dec 15 • 11am • \$9 • Register 49948**

*\*Includes Sales Tax*

## Not So Newly Wed Game

Testing newlyweds on how well they know each other is fun and all, but the REAL test is the test of TIME! Be part of the audience for this fun game and watch some of your favorite couples battle it out to see how well our not so newlyweds know each other.

**Advanced registration required by 2/7!**

**Tues, Feb 14 • 11am • \$9 • Register 50000**

*\*Includes Sales Tax*

## Arts & Crafts

### Beginning Watercolor Workshop

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting.

Supply list available at PKCC • Location: PKCC

Instructor: Pat Tuton • Supply fee \$3 • 2 classes

Resident \$24 / Non-Resident \$29

Fri	9:30am–12pm	Oct 14–21	49510
Fri	9:30am–12pm	Jan 6–13	49511

### Mixed Watercolor Media Painting (Intermediate Level)

More artists these days are combining 2 or more different mediums to achieve interesting and unique effects. Learn how to explore, expand and enjoy these techniques while also focusing on basic painting concepts and see how different media interact.

Come prepared to paint! (No oil painting)

Supply list available at PKCC • Prerequisite: Beginning Watercolor or Workshop

Location: PKCC • Instructor: Pat Tuton • 5 classes

No class 11/11 & 11/25 • Supply fee \$3

Resident \$60 / Non-Resident \$72

Fri	9:30am–12pm	Nov 4–Dec 16	49512
Fri	9:30am–12pm	Jan 20–Feb 17	49514

### Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome.

Supply list available at PKCC

Instructor: Danielle Barlow • Location: PKCC

6 classes • No class 10/31, 12/26, 1/2, 1/16 & 2/20

Resident \$46 / Non-Resident \$55

Mon	9:30–11:30am	Sept 12–Oct 17	49899
Mon	9:30–11:30am	Oct 24–Dec 5	49900
Mon	9:30–11:30am	Dec 12–Feb 6	49901
Mon	9:30–11:30am	Feb 13–Mar 27	49902



### Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for all students, some drawing skills helpful. Continuing students should bring a project to work on.

Supply list available at PKCC • 4 classes

Instructor: Louise Arntson • Location: PKCC

Resident \$30 / Non-Resident \$36

Thur	1–3pm	Sept 8–29	49291
Thur	1–3pm	Oct 6–27	49292
Thur	1–3pm	Jan 5–26	49293
Thur	1–3pm	Feb 2–23	49294
Thur	1–3pm	Mar 2–23	49295

### Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons. Check-in at the front desk.

For more information call 425.587.3360

Will not meet 9/1

Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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## Hand & Heart Sewing Group

Join this fun social group that makes dresses and shorts to be sent to disaster and poverty stricken areas such as Melawi, Kenya, Haiti and Rwanda to name a few. Everyone is welcome to take part in this incredible project, no experience necessary!

No meeting on 9/1, 11/17 & 12/15

**Group meets the 1st and 3rd Thursday of each month at 1pm**

For more art classes see page 48

### Needle Craft Group

Have fun, socialize and work on your hand work. *Free*

Wed	10am–12pm	Ongoing
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## Stage and Screen

### Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some favorites and new releases to share with you. Everyone is Welcome! Free!

Concussion	Mon	1pm	Sept 19
The Big Short*	Mon	1pm	Oct 17
Creed	Mon	1pm	Nov 21
Trumbo*	Mon	1pm	Dec 19
Brooklyn	Mon	1pm	Jan 23
Hello, My Name is Doris*	Mon	1pm	Feb 27
My Big Fat Greek Wedding 2	Mon	1pm	Mar 20

\* Rated R

### DVD Movie Checkout

Our movie checkout library has grown. If you have DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.

## Literary Arts

### Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

*Group meets the 1st Wednesday of each month, 1–2pm*

## Music

### Swingin' Seniors Band

All musicians are welcome to join this fun, drop-in group.

*Group meets the 1st and 3rd Thursday of each month, 1–3pm*



## Games

### Ping Pong (Table Tennis)

Open to players of all abilities.

*Sign up at front desk or call 425.587.3360*

### Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are available, ask for the playing pieces at the front desk.

### Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners.

*All are welcome to join Thursdays at 11am*

### Cards

Come use our card rooms for a friendly game; available days and some evenings.

*Call 425.587.3360 for more information*

### Pool

Three tables are available for drop-in pool.

*All are welcome to join the fun in our Pool Room*

# GOT AN EVENT?

## WE'VE GOT SPACE.

### Wedding? Party? Reunion? Meeting?

The Peter Kirk Community Center and North Kirkland Community Center can meet these needs and more. Both centers feature hardwood floors, full kitchens and usage of tables and chairs.

For information and availability please give us a call or go to

**kirklandwa.gov** under  
"How Do I Rent a Park or Facility"



### Peter Kirk Comm. Center

(located at Peter Kirk Park)

**425.587.3360**

### North Kirkland Comm. Center

(located at North Kirkland Park)

**425.587.3350**

## Fitness & Exercise

### Boot Camp for Boomers NEW!

Build total body strength, improve your cardio fitness and increase your balance with this 1 hour class. Start slowly and master the proper form for each exercise while using your own body weight for resistance and adding weights as your strength improves. Wear comfortable clothes and supportive athletic shoes, everything else will be provided.

*Location: PKCC • Instructor: Sally Rodich*  
*4 classes • No class 9/27, 10/25, 11/1 & 2/14*  
*Resident \$40 / Non-Resident \$48*

Tue	9–10am	Sept 6–Oct 4	49818
Tue	9–10am	Oct 11–Nov 15	49819
Tue	9–10am	Nov 22–Dec 13	49822
Tue	9–10am	Jan 3–24	49823
Tue	9–10am	Jan 31–Feb 28	49824
Tue	9–10am	Mar 7–28	49825

### Rizzmic®

Rizzmic® is a fun, new fitness program that pairs authentic dance style with the most beloved music from the last century of American culture; from Disco and country to Jazz and Hip Hop! Old School, Jive, Show Tunes, R&R, Country Western, Funk and more. All abilities welcome.

*Wear athletic shoes • Location: PKCC • 4 classes*  
*Instructor: Joan Wilde • No class 9/27, 12/27 & 2/14*  
*Resident \$35 / Non-Resident \$42*

Tue	10:30–11:30am	Sept 6–Oct 4	49600
Tue	10:30–11:30am	Oct 11–Nov 1	49601
Tue	10:30–11:30am	Nov 8–29	49602
Tue	10:30–11:30am	Dec 6–Jan 3	49603
Tue	10:30–11:30am	Jan 10–31	49608
Tue	10:30–11:30am	Feb 7–Mar 7	49609
Tue	10:30–11:30am	Mar 14–Apr 4	49610



### Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC*  
*Instructor: Joan Wilde • 4 classes • No class 11/17, 11/24 & 12/29 • Resident \$35 / Non-Resident \$42*

Thur	10:30–11:30am	Sept 8–29	49612
Thur	10:30–11:30am	Oct 6–27	49613
Thur	10:30–11:30am	Nov 3–Dec 8	49614
Thur	10:30–11:30am	Dec 22–Jan 19	49615
Thur	10:30–11:30am	Jan 26–Feb 16	49616
Thur	10:30–11:30am	Feb 23–Mar 16	49617
Thur	10:30–11:30am	Mar 23–Apr 13	49618

### Strength & Tone Aerobics

Join Jane for this fun and friendly class that incorporates non-jumping aerobics with weights and strength training. All fitness levels are welcome, work at your own pace to move and feel better

*Bring weights and bands to class*  
*Location: PKCC • Instructor: Jane Miller • 8 classes*  
*No class 9/27, 11/17, 11/24, 12/15 & 2/14*  
*Resident \$50 / Non-Resident \$60*

Tue & Thur	8:30–9:30am	Sept 6–Oct 4	49275
Tue & Thur	8:30–9:30am	Oct 6–Nov 1	49276
Tue & Thur	8:30–9:30am	Nov 3–Dec 6	49277
Tue & Thur	8:30–9:30am	Dec 8–Jan 5	49278
Tue & Thur	8:30–9:30am	Jan 10–Feb 2	49279
Tue & Thur	8:30–9:30am	Feb 7–Mar 7	49280
Tue & Thur	8:30–9:30am	Mar 9–Apr 4	49281

### Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

*Instructor: Gina Casanova • No class 9/2, 9/5, 10/28, 11/11, 11/25, 12/23, 12/26, 12/30, 1/2, 1/16 & 2/20*  
*Resident \$47 / Non-Resident \$56*

*Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session • Call 425.587.3360 for session dates and times.*

## Yoga for Beginners

With over 20 years' experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face, this class loves to laugh!

Bring mat or rug • Location: PKCC  
Instructor: Sally Rodich

**Mondays 4 classes** • No class 10/24, 10/31, 12/26, 1/2, 1/16 & 2/20 • Resident \$40 / Non-Resident \$48

Mon	10–11am	Sept 12–Oct 3	49779
Mon	10–11am	Oct 10–Nov 14	49780
Mon	10–11am	Nov 21–Dec 12	49781
Mon	10–11am	Dec 19–Jan 30	49782
Mon	10–11am	Feb 6–Mar 6	49797
Mon	10–11am	Mar 13–Apr 3	49798

**Wednesdays 4 classes** • No class 10/26, 11/2 & 12/28 • Resident \$40 / Non-Resident \$48

Wed	10–11am	Sept 7–28	49783
Wed	10–11am	Oct 5–Nov 9	49784
Wed	10–11am	Nov 16–Dec 7	49785
Wed	10–11am	Dec 14–Jan 11	49786
Wed	10–11am	Jan 18–Feb 8	49799
Wed	10–11am	Feb 15–Mar 8	49800
Wed	10–11am	Mar 15–Apr 5	49801

**Thursdays 4 classes** • No class 10/27, 11/3, 12/15 & 12/29 • Resident \$40 / Non-Resident \$48

Thur	9:15–10:15am	Sept 8–29	49787
Thur	9:15–10:15am	Oct 6–Nov 10	49788
Thur	9:15–10:15am	Dec 1–Jan 5	49805
Thur	9:15–10:15am	Jan 12–Feb 2	49802
Thur	9:15–10:15am	Feb 9–Mar 2	49803
Thur	9:15–10:15am	Mar 9–30	49804

## Sports

### Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville

Min 6 / Max 12 • 4 classes

Sr Resident \$89 / Sr Non-Resident \$99

Non-Sr Resident \$97 / Non-Sr Non-Resident \$119

Fri	10–11am	Sept 2–23	49283
Fri	10–11am	Oct 7–28	49284
Fri	10–11am	Nov 4–25	49285
Fri	10–11am	Jan 6–27	49286
Fri	10–11am	Feb 3–24	49287

### Softball Recruitment is in Full Swing!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2017 season is underway! The two men's teams, "Moss Bay Hawks" and "Kirkland Owls" were a hit in 2016! After a long winter break, team players are now dusting off their bats to begin practice in March 2017. Everyone is gearing up for another fantastic season of league play, May through July. These two recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

For more information call Rich Mialovich  
425.827.1109



## Dance

### Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Eloise in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Eloise Chinn

6 classes • No class 9/27, 11/22, 12/20, 12/27 & 2/14

Resident \$30 / Non-Resident \$36

Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10–11am	Sept 6–Oct 18	49187
Tue	10–11am	Oct 25–Dec 6	49188
Tue	10–11am	Dec 13–Jan 31	49189
Tue	10–11am	Feb 7–Mar 21	49192





## Computer Classes

Some PC's are available for participants but no Mac computers are available at PKCC.

### Android Workshop

Want to learn more about your tablet or smart phone? Thinking about buying a tablet because you are having trouble seeing information on your smart phone? Join us for this workshop as we explore everything about Android and give you an opportunity to ask questions. You may bring your Android tablet or smart phone, but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey

4 classes • Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Sept 9–30	49991
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### Windows 10 Workshop **NEW!**

Do you need help with Microsoft's Windows 10 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 10 device (laptop, tablet, or cell phone), but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey

4 classes • No class 10/28

Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Oct 7–Nov 4	49993
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Fri	1:30–3pm	Feb 3–24	49994
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### iPad Workshop

Do you need help with your iPad? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your iPad, but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey

4 classes • Participants must provide their own iPad  
Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Jan 6–27	49990
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### Transferring Photos **NEW!**

Want to learn how to transfer photos from your smartphone, tablet, or digital camera to your Windows computer? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your smartphone, tablet, or digital camera, but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey

2 classes • Resident \$20/ Non-Resident \$24

Fri	1:30–3pm	Mar 3–10	49995
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### Maintain Your Computer's Performance

Want to learn how to keep your computer running as fast as when you first purchased it? Join us for this workshop as we explore routine maintenance and the best utilities to use to maximize your computer's performance. You may bring your computer (laptop, tablet, or cell phone), but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey

2 classes • Resident \$20 / Non-Resident \$24

Fri	1:30–3pm	Mar 24–31	49992
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## One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Sally Ann Mowrey! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$35 / Non-Resident \$42

\$5 lab fee per class is collected at time of registration • Advanced registration required, call 425.587.3360



## Financial

Advanced registration required: 425.587.3360

### Coffee, Cash and Conversation

Discuss current events, the economy and investing in a relaxed and informal setting. This is a great way to get your questions answered. Everyone is welcome and the coffee is on us! Presented by Cory Shepard, Financial Advisor with Edward Jones.

Advance registration is required, call 425.587.3360  
FREE

Fri	10:30–11:30am	Sept 9	49301
Fri	10:30–11:30am	Oct 7	49302
Fri	10:30–11:30am	Nov 4	49303
Fri	10:30–11:30am	Jan 6	49304
Fri	10:30–11:30am	Feb 3	49305
Fri	10:30–11:30am	Mar 3	49306

## Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator. Advance registration is required for all programs.

**Call 425.587.3360**

## Financial Services

### Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2016 tax return.

Appointments are available Fridays from 9am–1pm, Feb 3–April 14 • No fee • Appointments required, call 425.587.3360

### Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

[www.atg.wa.gov](http://www.atg.wa.gov)

### Clearpoint Financial Services (Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

Call 800.750.2227 or go to [www.clearpointfinancialsolutions.org](http://www.clearpointfinancialsolutions.org)

### Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000.

To see if you qualify, call 206.296.3920

### Social Security

Open 7:00am–7:00pm weekdays

Call 1.800.772.1213 or go to [www.ssa.gov](http://www.ssa.gov)



## Legal Services

### Senior Rights Assistance

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association.

For more information call 206.448.5720 or go to [www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx](http://www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx)

### Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions Fridays, 2:00–4:00pm.

No fee • Appointments required

To qualify, call 425.747.7274

### Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee • Call 425.747.7274

## EnhanceWellness Program



### Evergreen EnhanceWellness

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the EnhanceWellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, managing your weight or starting an exercise program, but have had difficulty getting motivated. Maybe you're dealing with a new condition like pre-diabetes and not sure what to do. We all have a multitude of reasons for not taking action on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. EnhanceWellness is a participant-driven, evidence based health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

*Fridays by appointment • Program is free of charge  
Call Glen Felias-Christensen, RN, MPH 425.286.1029*

### Evergreen EnhanceWellness Social Work Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

*Mondays by appointment • Free  
Call Janet Zielasko, MS, LSW 425.286.1035*

### Family Caregiving Consultation

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Worker is available to you, the caregiver, to manage and improve your own health. Services include consultation, connecting with community resources, coping with stress, and enhancing your own health and wellness. Please call for an individual appointment.

*Mondays by appointment • Free  
Call Janet Zielasko, MS, LSW 425.286.1035*

## PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression. All this is done with a trained PEARLS counselor.

### In the past two weeks,

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you.

**Contact Janet Zielasko, MS,  
LSW 425.286.1035 to schedule an appointment.**

*Thank you  
EvergreenHealth*

**for your generous support of our Health  
& Nutrition Classes, Wellness Program,  
and Kirkland Steppers!**

## Support Groups

### Coffee Hour

2nd & 4th Monday of the month  
9:30–10:30am

Join other women in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

*Coordinated by Janet Zielasko, MS, LSW  
The group will not meet on 8/22.*

### Caregiver Support Group

Third Mondays, 10–11:30am

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

*The group will not meet on 1/16 & 2/20.*

### Powerful Minds **NEW!**

Second Tuesdays, 9:45–11am

This monthly group offers you a fun way to engage your whole brain in a variety of activities that may help enhance memory.

*The group will not meet on 11/11.*

## Health & Nutrition

### Powerful Tools for Caregivers

A six week educational series designed to provide you, the caregiver with tools needed to take of yourself while caring for a loved one. Classes consist of interactive session; discussions and brainstorming to help you take the “tools” you choose and put them into action in your life. Classes are taught by trained and certified class leaders.

*Facilitated by Janet Zielasko, MA LSW and  
Connie Cooper • FREE*

Mon	1–3pm	Sept 12–Oct 17	49517
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### Living Well with Chronic Conditions

Do you have a health condition that causes: fatigue, shortness of breath, pain, lack of activity, frustration or isolation? If you respond “yes” to any of these then the Living Well with Chronic Conditions Workshop might be just what you need! This six-week educational series teaches specific skills and techniques that will help you better manage your chronic condition and regain self-confidence so you can Live Well! (Minimum of 8 or class cancels.)

*6 classes • Facilitated by Janet Zielasko, MS, LSW  
and Glen Felias-Christensen. RN, MPH • FREE*

Fri	1–3:30pm	Feb 24–Mar 31	49519
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## Medicare Classes

### Medicare—Open Enrollment

If you need help navigating Medicare's annual open enrollment, Oct 15–Dec 7, this is the class for you. Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce related costs at this free, unbiased class.

*Call 425.587.3360 to register, seating is limited  
FREE • Sponsored by SHIBA • Location: PKCC*

Fri	1–2:30pm	Sept 30	49903
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### Medicare—Getting Started

Are you turning 65 soon? Let SHIBA help you learn how to navigate Medicare at this free, unbiased Welcome to Medicare class. The class will cover:

- > Medicare A, B and C
- > Help you to understand your Medicare benefits and options
- > Help paying for Medicare if you qualify

*Call 425.587.3360 to register, seating is limited  
FREE • Sponsored by SHIBA • Location: PKCC*

Fri	1–2:30pm	Feb 24	49904
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*If you need help navigating Medicare, the Statewide Health Insurance Benefits Advisors (SHIBA) program provides free, unbiased help with your options. SHIBA is a free service of the Washington State Office of the Insurance Commissioner. SHIBA can help you research, assess and evaluate what options work best for you and your needs, so you can make an informed decision.*

# FLU SHOTS

**Monday, October 10 • 11:00am**

“Fight the Flu” and help prevent the spread of influenza in our community! Schedule your flu shot today. Medicare and most area Medicare Advantage Plans will be billed, for all others the cost is \$28 payable by cash or check.

**Appointments required 425.587.3360**

## Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

**Appointments required, call 425.587.3360**



# EvergreenHealth

To Register for EvergreenHealth Classes call 425.899.3000 & press 1

## Fighting Fatigue

Fatigue is not normal. Fatigue can be caused by food allergies, thyroid dysfunction, adrenal gland burnout and much more. Stop feeling fatigued and start feeling fabulous today!

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Sept 9

## Managing Life's Transitions **NEW!**

Explore concepts and skills to help face times of transition with a sense of peace, power, and purpose.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Sept 23

## More Water?! **NEW!**

Dehydration is among the top 10 reasons older patients are admitted to hospitals. Learn why drinking the appropriate amount of water daily can greatly enhance overall health.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Oct 7

**To Register for  
EvergreenHealth Classes  
call 425.899.3000 & press 1**



## Power of Laughter

A humor specialist leads a fun-filled discussion on the healing power of humor and how to incorporate laughter into your life to help reduce stress and improve coping skills.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Oct 21

## Holiday Cooking: Quick & Delicious

This class will include recipes and tips to make delicious and nutritious holiday meals. Have fun while learning how the typical diet affects health.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Nov 4

## Cholesterol / Diabetic Screen

Screening will include fasting full panel cholesterol test and glucose. Results will be given before you go home! Limit 25 participants, must register for time slot.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 8:30–10:30am Nov 18

## Healthy Aging: Reducing Your Stress **NEW!**

Research shows that as we age, stress greatly affects our quality of life. Older adults are faced with the stress of chronic illness, caring for a loved one with a chronic illness or even the loss of someone close.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Dec 2

# EvergreenHealth

To Register for EvergreenHealth Classes call 425.899.3000 & press 1



## Tai Chi for Back Pain

Easy-to-learn movements matched with breathing and visualizations help reduce and relieve back pain, strengthen and protect the spine, and improve health and well-being.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Dec 16
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## Eating for Healthy Weight Loss

Talk to a nutritionist about diet risks, myths and fads. Learn simple, safe tips for achieving healthy weight loss while maintaining balanced nutrition.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Jan 6
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## Seasonal Affective Disorder: Are You Feeling Sad?

Discover why the lack of sunlight can cause some to experience fatigue, weight gain and altered sleeping habits, and how you can improve your mood.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Jan 20
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## What Can You Do About Winter Skin NEW!

Discover ways to control the inflammation, redness, aching and itchiness of psoriasis and prevent secondary infections.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Feb 3
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## Good Night, Sleep Tight

Do you have trouble sleeping? Learn how aging, illness or medication can affect your sleep patterns, and get tips that may help you sleep through the night.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Feb 17
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## First Response

Gain the knowledge and confidence to act quickly and correctly if you are the first person upon an emergency situation. Learn techniques to help you effectively communicate with emergency response personnel and how to be of the most assistance to someone in trouble.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Mar 10
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## Asthma Caused by Allergies

In some people, allergies can trigger an asthma attack. Join us to learn what in the environment may be causing this and how to reduce exposure.

Sponsored by EvergreenHealth • Free  
To register, call 425.899.3000 and press 1

Fri	12:45–2pm	Mar 24
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To Register for  
EvergreenHealth Classes  
call 425.899.3000 & press 1

## Health Services

### Oral Health Care

Affordable teeth and denture cleaning for adults age 50 + provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$77. Denture cleaning also available for \$10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 50 years or older.

For appointments and more info, call 425.587.3360

### Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays.

### Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425.587.3360.

### Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

Lunch is \$3 donation for persons 60+ • All others \$6



### Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

### Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206.241.5650 or go to [www.kcwics.org](http://www.kcwics.org)

## Community Resources

### Sound Generations Senior Information & Assistance (formerly Senior Services)

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to [www.seniorservices.org](http://www.seniorservices.org)

### Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425.885.1006 or go to [www.bridgemin.org](http://www.bridgemin.org)

### Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to [www.evergreenhospital.org/for\\_patients/medical\\_services/evergreen\\_care\\_network](http://www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network)

### AARP Area Office

American Assoc. of Retired Persons.

Call 1.888.687.2277 or go to [www.aarp.org/states/wa](http://www.aarp.org/states/wa)

### Benefits Check Online

[www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org) is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

### Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

Northshore Adult Day Center ..... 425.488.4821

Elder & Adult Day Services ..... 425.867.1799

### Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program".

For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

### Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Community  
Home Health & Hospice ..... 425.899.3300  
Eastside Friends of Seniors ..... 425.369.9120  
Volunteer Chore Services  
(Catholic Comm. Svcs.) ..... 206.328.5787  
Jewish Family Service ..... 206.461.3240





## Chinese and Latino Services

### Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

#### CHINESE SERVICES TUESDAYS

For more information call Catherine at the Chinese Information & Services Center, 206.624.5633, ext 4140.

#### Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. Free

Tue	11:15–12:15pm	Ongoing
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#### E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. Free

Tue	1–3pm	Ongoing
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#### LATINO SERVICES WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

#### Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. Free

Monthly 10–11:45am	1st Wednesday
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#### E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. Free

Wed	12:45–2pm	Ongoing
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## Volunteer Opportunities

### Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

- Delivering Meals on Wheels to home-bound seniors in Kirkland
- Preparing lunches
- Dishwashing

For more information call Patrick at 425.587.3012.

## Employment

### Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to [www.aarpworksearch.org](http://www.aarpworksearch.org)

### Employment Resource Center

This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206.684.0500 or go to [www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm](http://www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm)

## Driver Training

### AARP — 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.

Fee \$15 for AARP members / \$20 for non-members, please bring AARP membership card to class • Make checks payable to AARP on the first day of class • To register call 425.587.3360

Wed & Thur	12:30–4:45pm	Sept 14 & 15	49620
Wed & Thur	12:30–4:45pm	Nov 9 & 10	49621
Wed & Thur	12:30–4:30pm	Jan 11 & 12	49622
Wed & Thur	12:30–4:30pm	Mar 8 & 9	49623

## Transportation

### Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and FREE!

Wed	9–11am	Sept 7
Wed	9–11am	Oct 5
Wed	9–11am	Nov 2
Wed	9–11am	Dec 7
Wed	9–11am	Jan 4
Wed	9–11am	Feb 1
Wed	9–11am	Mar 1

### Metro Bus ID

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Oct 20
Thur	10–11am	Dec 15
Thur	10–11am	Feb 16

### Access

Transportation to appointments, grocery shopping and the Community Senior Center.

To schedule, call 206.205.5000 or toll free 1.866.205.5001.

### Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206.448.5740 or toll free 1.800.282.5815 or go to [www.seniorservices.org](http://www.seniorservices.org).

### METRO Information

24-Hour Rider Information.

Call 206.553.3000 or toll free 1.800.542.7876. TTY: 206.684.1739.

### HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1.800.923.7433 or go to [www.hope-link.org/get-help/transportation](http://www.hope-link.org/get-help/transportation)

### Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206.448.5740

### Daily Van Transportation

The Peter Kirk Community Center van operates Monday–Friday, with reservations taken up to 5 p.m., the day before service. The van provides rides to:

- > Peter Kirk Community Center,
- > Local grocery stores and Hope-link's Food Bank, and
- > Medical appointments in Kirkland, Bellevue, Bothell, or Redmond, on a space available basis.

The suggested donation is \$2 for each trip, or what you can afford.

To use the Kirkland Senior Van, you must be

- > A resident of the City of Kirkland, and
- > Eligible for, or in the process of applying for King County Metro Access eligibility.

If we have space available, we will provide you with transportation for up to 30 days to the Peter Kirk Community Center while your Access application is being processed. The Kirkland Senior Van Coordinator can assist you with filling out the Access application.

If you have any questions, please call Mari, the Kirkland Senior Van Coordinator, at 425.587.3363.

The Kirkland Senior Van is a partnership of the City of Kirkland, King County Metro, and Northshore Senior Center Transportation.



## Grocery Shopping

The Kirkland Senior Van provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home.

To receive a schedule or make an appointment, call 425.587.3363

Wed	Sept 7	Safeway
Wed	Sept 14	QFC
Wed	Sept 21	Bridle Trails
Wed	Sept 28	Fred Meyer
Wed	Oct 5	Safeway
Wed	Oct 12	QFC
Wed	Oct 19	Bride Trails
Wed	Oct 26	Fred Meyer
Wed	Nov 2	Safeway
Tue	Nov 8	QFC
Wed	Nov 16	Bridle Trails
Wed	Nov 23	Fred Meyer
Wed	Nov 30	Safeway
Wed	Dec 7	QFC
Wed	Dec 14	Bridle Trails
Wed	Dec 21	Fred Meyer
Wed	Dec 28	Safeway
Wed	Jan 4	QFC
Wed	Jan 11	Bridle Trails
Wed	Jan 18	Fred Meyer
Wed	Jan 25	Safeway
Wed	Feb 1	QFC
Wed	Feb 8	Bridle Trails
Wed	Feb 15	Fred Meyer
Wed	Feb 22	Safeway
Wed	Mar 1	QFC
Wed	Mar 8	Bridle Trails
Wed	Mar 15	Fred Meyer
Wed	Mar 22	Safeway
Wed	Mar 29	QFC

## Out For Lunch Bunch **NEW LOCATIONS!**

11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch money

<b>Ivar's</b> <b>(Mukilteo Landing)</b> <b>Thur, Sept 22 • 49307</b>	<p>From the scenic dining room and outside deck, you can watch the ferries come and go as you enjoy mouth-watering seafood and a wide assortment of Ivar's famous original recipe entrées and many other Northwest popular dishes.</p>
<b>El Gaucho</b> <b>(Bellevue)</b> <b>Thur, Oct 20 • 49308</b>	<p>Walls of windows let in the light by day to set the stage for the ultimate Eastside dining experience at this premiere steakhouse.</p>
<b>Noble Court</b> <b>(Bellevue)</b> <b>Thur, Nov 17 • 49309</b>	<p>The Eastside premiere restaurant for Hong Kong Szechuan style Chinese cuisine for over two decades.</p>
<b>Sky City</b> <b>(Space Needle)</b> <b>Thur, Dec 8 • 49310</b>	<p>The entire restaurant moves 360 degrees allowing diners to take in each course of the City as they take in each course of their meal. The elevator ride and O Deck are included. Please note that this trip will return to the Center at 3pm to allow extra time on the observation deck.</p>
<b>Chace's Pancake Corral</b> <b>(Bellevue)</b> <b>Thur, Jan 12 • 49312</b>	<p>This Bellevue staple has been family owned and operated since 1958.</p>
<b>Coho Café</b> <b>(Redmond)</b> <b>Thur, Feb 9 • 49313</b>	<p>Coho Café's menu is designed to create exciting and affordably priced dishes emphasizing Pacific-Northwest seafood and much more.</p>
<b>Owl 'N Thistle Irish Pub</b> <b>(Seattle)</b> <b>Thur, March 16 • 49314</b>	<p>Located in the heart of downtown, one block from historic Pioneer Square this Irish themed pub opened in 1991.</p>

## Attention Riders

For everyone's comfort, please refrain from the use of fragrant personal products while participating in programs and trips. Thank you for your consideration!

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## Van Trip Planning Meeting

Do you have an idea for a Van Trip destination? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Spring/ Summer 2017 van trips.

**Tuesday, October 18**  
**11am at the Center**

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## Shops & Slots

**Tuesday 10am–4pm**  
**Resident \$21 / Non-Resident \$25**  
**Bring lunch \$**

Snoqualmie Casino  
 & Outlet Mall                      Nov 22    49324


Tulalip Casino &  
 Seattle Premium Outlets    Jan 24    49323



## Trip Difficulty Rating

Mild Walking 

Moderate Walking 


Extensive Walking  (with stairs)

### Chuckanut Manor & Historic Fairhaven

Thur., Sept 8 49316 9:30am–5pm  
Resident \$25 / Non-Resident \$30  
Bring lunch \$ 


Enjoy lunch at beautiful Chuckanut Manor followed by shopping and exploring Fairhaven.

### Cedar Creek Grist Mill

Thur., Sept 15 49325 8:15am–5pm  
Resident \$27 / Non-Resident \$32 

This National Historic Landmark is the only grain grinding mill in Washington that has maintained its original structural integrity, grinds with stones and is water powered. This is your chance to see how this mill still works today.

### Joyful Noise at the Taproot Theater **NEW!**


Tue., Sept 27 49326 12:45–5:30pm  
Resident \$33 / Non-Res. \$37 

George Fredrick Handel is in crisis. His patron is dead, his operas are unpopular and he has suffered a public humiliation of his own making. From this ruin a joyous masterpiece is born. Witty, scandalous and based on the story of the creation of Handel's Messiah, this is a tale to inspire. **Seats are in the balcony, participants must be able to climb stairs.**

*\*All trips include sales tax\**




### Mystery Trip **NEW!**

Friday, Oct 7 49317 3:15–10:30pm  
Resident \$39 / Non-Resident \$44  
Bring dinner \$ 

Focus on the present and the past will take care of itself. **Must sign up by 8/31 to secure reservations.**

### Leavenworth Oktoberfest

Fri., Oct 14 49327 8:30am–6pm  
Resident \$35 / Non-Res \$42 

Oktoberfest in Leavenworth is the next best thing to being in Munich! Enjoy live music, German food, arts and crafts and so much more.

### Haunted Happenings Ghost Tour

Thur., Oct 27 49330 9am–3pm  
Resident \$58 / Non-Resident \$63  
Bring lunch \$ 

Are you brave enough to tour the dark side of Seattle's streets and alleys? Jake, a local ghost enthusiast, will share various haunted locations and spine tingling stories on Private Eye of Seattle's longest running ghost tour. Enjoy lunch at Duke's Chowder House after the tour. **Must sign up by 10/7 to secure reservations.**



### Seattle Art Museum Tour **NEW!**

Thur., Nov 3 49320 9:30am–3pm  
Resident \$35 / Non-Resident \$40  
Bring lunch \$ 

Enhance your visit with a one-hour private tour, led by a knowledgeable guide who can provide an insider's view of the museum. Enjoy time on your own exploring the permanent collections as well as the current exhibit. Take a break at your leisure and have lunch at Taste, the on-site café.

### History of Seattle Lunch Cruise **NEW!**

Wed., Nov 9 49321 10:15am–2:45pm  
Resident \$77 / Non-Resident 81 

Explore the history of the Pacific Northwest as you indulge in an extraordinary lunch featuring a creative and delicious take on the favorite dishes and flavors of Seattle's Pike Place Market. **Must sign up by 10/7 to secure reservations.**



## Nordic Heritage Museum **NEW!**

Thur., Feb 2 50002 9am–2:45pm  
Resident \$34 / Non-Resident \$38  
Bring lunch \$   


A museum docent will take you back to the 19th-century Scandinavian countryside to begin the journey to America through The Dream of America's life-like settings and period artifacts. The voyage continues through captivating displays, across the Atlantic, and to Ellis Island. Moving through the Midwest, the trek ends in the Pacific Northwest and Ballard, Seattle.

## Lights of Christmas Dinner Show at Warm Beach Camp

Fri., Dec 2 49318 3:30–11pm  
Resident \$72 / Non-Resident \$78  

Take a brief walk around the enchanting lighted grounds and then settle in for a fabulous 5-course meal and live theatre in the Baylight Room featuring Christmas on the Tumblin' D. **Must sign up by 10/30 to secure reservations, choose dinner entrée at time of registration.**

## Holiday Afternoon Tea at Queen Mary Tea Room **NEW!**

Tue., Dec 13 49319 12–4pm  
Resident \$60 / Non-Resident \$64 



Enjoy a traditional holiday tea at the oldest tea room in America. Afterwards spend a few minutes browsing the Tea Emporium located just a one block walk away. **Must sign up by 11/15 to secure reservations.**

## Wights & Molbak's

Thur., Dec 22 49328 10am–4pm  
Resident \$19 / Non-Resident \$23  
Bring lunch \$  

Begin the day off browsing all the seasonal gifts and ornaments at Wight's Home and Garden. Next stop for lunch at the Keg Steakhouse. Then you are off to Molbak's to finish up any last minute holidays shopping.

## MOHAI NEW TOUR

Thur., Jan 5 49329 9:30am–2:45pm  
Resident \$39 / Non-Resident \$44  
Bring lunch \$   


Enjoy this fun 45 minute, seated, in-depth look at eight iconic places that make Seattle unique at this special Insights presentation. Afterwards, explore the museum at your own pace. Be sure to save time to enjoy lunch on your own at the MOHAI Café. **Must sign up by 12/15 to secure reservations.**

## Moore Theatre Tour **NEW!**

Thur., Jan 19 50001 9:15am–3:15pm  
Resident \$39 / Non-Resident \$44  
Bring lunch \$   

Built in 1907, The Moore is Seattle's oldest operating theatre and as much a part of Seattle's history as the Denny Regrade, salmon runs and Starbucks. This is one tour you won't want to miss. **Please note this tour has 50 steps and several sloping, dimly lit walkways.**

## Mudhouse Pottery Painting **NEW!**

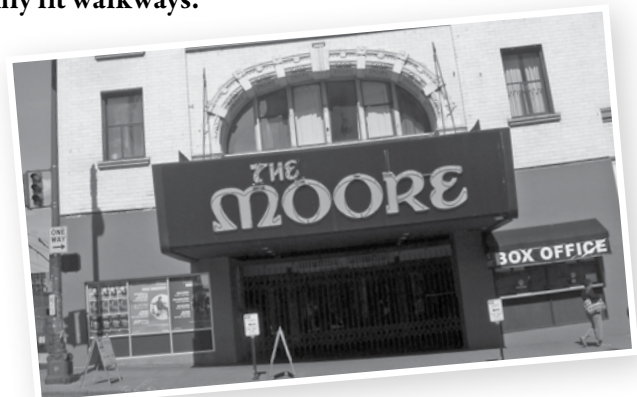
Thur., Feb 16 50003 9:15am–2:30pm  
Resident \$18 / Non-Resident \$22   
Bring lunch \$ and \$ for your pottery piece

Tap into your creative side on this fun "paint your own pottery piece" trip. No artistic talent required!

## Thrift Shop Hop

Thur., Feb 23 50009 9:30am–4pm  
Resident \$33 / Non-Resident \$38  
Bring lunch \$  

Start the day at the Monroe Goodwill followed by a visit to St. Vincent de Paul. Take a break and refuel at Tuscano's Italian Kitchen for lunch before heading to Dollar Store.



By Joe Mabel, CC BY-SA 3.0, commons.wikimedia.org/w/index.php?curid=2726011





## Washington State History Museum

Thur., March 2 50010 8:45am–3:30pm  
Resident \$29 / Non-Resident \$34  
Bring lunch \$   

The Washington State History museum is where fascination and FUN come together. Start off the day with a guided tour where you will explore be entertained in an environment where characters from Washington's past speak about their lives. Enjoy a late lunch at Stanley & Seafoods before heading home.

## River Valley Cheese Making **NEW!**

Thur., March 9 50004 9am–2:45pm  
Resident \$85 / Non-Resident \$90  
Bring lunch \$  

Enjoy a visit to meet and make cheese with the artisan cheese makers of River Valley Cheese. This cheese is handmade in small batches, with 100% Jersey milk. Never made cheese before? No worries they will teach you every step! Each person goes home with 1 pound of hard cheese to age at home in the refrigerator and 1 pound of fresh cheese to enjoy right away. Come see and taste the difference.





## Vashon Island

Thur., March 23 50007 8:30am–4pm  
Resident \$35 / Non-Resident \$40  
Bring lunch \$ 

Spend the day exploring the "Heart of the Sound" that's just a short ferry ride away.

## Angel of the Winds **NEW!**

Thur., March 30 50008 10am–4pm  
Resident \$21 / Non-Resident \$25  
Bring lunch \$  

This Vegas style casino offer over 100 slots, table games and Keno. Enjoy lunch on your own at one of the restaurants that are on-site to choose from.

## Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less a \$10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. **To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance.** Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.



# VIVA VOLUNTEERS!

GIVING A HAND • GETTING INVOLVED



## 4th Annual Volunteer Fair Saturday, October 15 at PKCC 10am–2pm

Learn about exciting and rewarding volunteer opportunities!

- Door prizes!
- Free parking!
- Free snacks and beverages!

### VOLUNTEER OPPORTUNITIES

Health Care	Park Development
Housing	Emergency Preparedness
Senior Care	Crisis Assistance
Transportation	The Arts
Food Banks	...and many more
Animal Care	



For more information contact: **Leslie Miller 425.587.3322**

## JOIN THE KIRKLAND SENIOR COUNCIL

### WHAT IS THE KIRKLAND SENIOR COUNCIL?

The city established the KSC to act in an advisory capacity to the City Council to ensure Kirkland remains a safe, vibrant community for adults 50 and older. It advocates, supports, shapes and creates programs and services to meet the needs of seniors in the community.

### HOW DOES THE KSC WORK?

The Senior Council meets monthly for 2 hours and also works through committees and by representing Kirkland in various regional organizations.

### CITY OF KIRKLAND SENIOR COUNCIL



### HOW CAN I JOIN KSC?

Council members must either live, work, or serve Kirkland citizens age 50+ in Kirkland. Half of the KSC must be over 50 years of age.

- Terms are for 3 years
- Vacancies will be filled year round

Contact: **425.587.3322** or see [kirklandwa.gov/seniorcouncil](http://kirklandwa.gov/seniorcouncil)

**East King County Resource Guide for Older Adults and Their Families**  
now available at the Peter Kirk Community Center or 505 Market St, Suite A.